

REGISTRATION FORM-GREEN LAKE CROSS COUNTRY

Name _____
Last First M.I.

Address _____

City _____ State _____ Zip _____

Parent or Guardian _____

Telephone: Home(____) _____ Work (____) _____

Email: _____

Age _____ Sex _____

Grade entering in Fall, 2011 _____

School attending in Fall, 2011 _____

Coach or director of team/program _____

Roommate Preference: _____

T-Shirt Size:
Adult size: XL LG MD SM

COMPLETE ONE:
Enclosed is: \$ _____ as full payment.

Enclosed is: \$ _____ deposit. Balance is due before July 15, 2011.

Insurance Company _____

Ins. Co. Address _____

Policy Holder _____ Policy No. _____

I verify that my child has been checked by a licensed physician and is physically able to participate in the Sports Camp. I agree to allow my child to be treated by a licensed physician while attending, if necessary, and to assume all costs related to such treatment. I authorize my insurance company to pay benefits. Also, I authorize the disclosure of medical information to my insurance company for the purpose of claim. I understand that if this application is accepted, there is no refund of the deposit if we (parent or child) should cancel the application later.

Hold Harmless Agreement: I and my heirs hereby release the Green Lake Cross Country Camp and all its employees, officers and agents from any liability for damages to or loss of personal property, sickness and injury from whatever source, legal entanglement, imprisonment, death, loss of money, etc., for which the Green Lake camp is not culpable, which might occur while participating in this workshop.

Parent's/Guardian's Signature _____

Mail to: **Deb Vercauteren**
4474 Harbor Village Drive
Omro, WI 54963

GREEN LAKE CROSS COUNTRY CAMP

2011



UW OSHKOSH

NCAA NATIONAL CHAMPIONS

CROSS COUNTRY

WOMEN: 1987, 1988, 1991, 1996

MEN: 1988, 1989, 1990, 2002

TRACK WOMEN:

INDOOR 1994, 1995, 1996, 2004, 2005, 2006

OUTDOOR 1990, 1991, 1995, 1996, 1997, 2004, 2006, 2007

TRACK MEN

Indoor 2009
Outdoor 2009

GREEN LAKE CROSS COUNTRY CAMP

We will be offering a cross country camp at the Green Lake Conference Center. The camp is a coed distance training camp for high school cross country runners.

GREEN LAKE CONFERENCE CENTER... A HARRIER'S HEAVEN

It would be hard to find a more fitting setting for cross country. Runners train among 1,000+ acres of forests and meadows of the Green Lake Conference Center. The center (formerly called the American Baptist Assembly) is located two miles west of Green Lake on Hwy 23 and is on the north shore of Green Lake.

NCAA NATIONAL CHAMPIONS

The UW Oshkosh men's and women's cross country teams have won eight NCAA Division III National Cross Country titles and sixteen NCAA Track titles.

RUN AHEAD OF THE COMPETITION

A secret to success in competition is to be better prepared than your opponent. The camp provides an excellent opportunity to develop your condition, skill and knowledge. Emphasis will be on learning both theory and application of successful cross country running. Workouts will be appropriate for each athlete's experience and condition. This is a camp where each athlete can combine learning and training while experiencing the joys of running.

The Cross Country Camp offers a limited enrollment with an athlete-to-counselor ratio of 9-to-1. This unique grouping fosters a "team" atmosphere.

CAMP FEATURES

You'll gain experience in training methods, exercise physiology, psychology of training and racing, racing tactics, mechanics of running, nutrition, cross training, injury prevention and rehabilitation. Staff members share their extensive knowledge of the sport through workouts and instruction sessions. Recreational activities include swimming, volleyball, tennis and softball. Canoes, bikes and sailboats can also be rented.

FOOD AND LODGING

Campers arrive on Sunday afternoon. Meals are served buffet style. The camp concludes on Thursday at noon.

CAMP DATES AND FEES

Green Lake Camp Dates: July 24-28

Fees: \$390.00

Fees include lodging, meals, tuition, camp T-shirt, and full use of Green Lake Conference Center's facilities. Fees also include cost of prizes, awards and miscellaneous social events. A deposit of \$50 should accompany the registration form.

APPLICATION PROCEDURE

Send application, with a minimum deposit of \$50, to:

Deb Vercauteren

4474 Harbor Village Drive

Omro, WI 54963

Please make checks payable to GREEN LAKE CROSS COUNTRY CAMP and identify camper's name on check. Balance is due by July 15, 2011.

CANCELLATIONS

Your fee, less the \$50 non-refundable deposit, will be refunded without question if you cancel your enrollment prior to July 15, 2011. At any time after July 15, 2011 refunds (less the \$50 non-refundable registration fee) will be made for medical reasons only. Requests for refunds must be accompanied by a signed excuse from your physician. Requests for refunds must be made prior to August 17, 2011.

DAILY CAMP SCHEDULE

6:30 a.m.	Wake-up
6:45	Light morning run
7:30-8:30	Breakfast
9:15 -10:45	Instruction session
10:45-11:45	Tournament games (volleyball/dodgeball/ultimate frisbee)
Noon – 1:00	Lunch
1:00-2:00	Open recreation
2:15-3:00	Instruction session
3:15-4:45	Workout
5:00-6:00	Dinner
6:00-8:00	Instruction session
10:00	Quiet hour
10:30	Lights out

CAMP STAFF

An outstanding staff of highly successful coaches will help each runner develop his or her potential. All instructors have considerable successful coaching experience complemented by personal running experience. Coaches have been selected for their proven ability to communicate effectively with high school athletes. Wisconsin is known nationally for its excellence in cross country, and each of the staff members has played a part in that excellence.

DEB VERCAUTEREN - Former UW Oshkosh Women's Head Coach in Cross Country and Track and Field

In 1981 Vercauteren started the cross country program at UW Oshkosh. In those 30 years she developed a national championship program. UW Oshkosh won four NCAA Division III National Team Championships during her tenure. In track and field, UW Oshkosh won a combined 14 NCAA DIII National Team Championships. Because of this extraordinary success, the USTFCCCA started the Deb Vercauteren Program of the Year Award for the outstanding DIII women's cross country and track and field program.

JOHN ZUPANC - Former UW Oshkosh Men's Head Coach in Cross Country and Track and Field

Zupanc developed a powerful cross country, middle distance, and distance program at UW Oshkosh. Titan teams won four NCAA DIII National Cross Country team Championships during his 29 years. Taking over the men's track and field program in 2005, UW Oshkosh won both the NCAA DIII Indoor and NCAA DIII Outdoor National Track and Field Team Championships in 2009.

LIZ WOODWORTH - UW Oshkosh Women's Head Coach in Cross Country and Assistant Track and Field

As a former UW Oshkosh runner, Woodworth won nine NCAA DIII individual titles in Track and Field and was a three time All American in cross country. Woodworth raced in the 2004 US Olympic Trials in the 1500 meters. She will take over the women's cross country program in the fall of 2011. Woodworth was the women's distance coach in track and field in 2011.

PAUL BROWN - UW Oshkosh Men's Head coach in Cross Country and Track and Field

Brown took over the men's track and field program in 2011 and will start his first season as the head men's cross country coach in the fall of 2011. As a former UW Oshkosh runner, Brown was the lead off leg of the national champion distance medley relay and was a national qualifier in the steeplechase.

LEN NIKOLAI – Manitowoc Girls & Boys Cross Country Coach

Nikolai is a highly respected cross country and track coach. In 1997 he was inducted into the Wisconsin Cross Country Coaches Association Hall of Fame. His teams have made 17 appearances at the state meet with 7 teams in the top four. Nikolai has won state titles in girls cross country and boys track and field.

CHRIS RAMSEY - Waukesha West Girls Cross Country and Track and Field Coach

Ramsey has coached the Waukesha West girls cross country to 8 WIAA State Cross Country Team Championships and three second place finishes. Over the past 26 years the West girls have qualified for state 24 times in cross country. Ramsey was inducted into the Wisconsin Cross Country Coaches Association Hall of Fame in 2003.

Numerous UW Oshkosh Men and Women Cross Country runners will train with us throughout the week!